



96%  
HEALTH SCORE

## Dale's Summertime Salmon

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



40 min.

SERVINGS



4

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon capers
- 1 pinch salt and ground pepper black to taste
- 4 juice of lemon juiced
- 1 cup kale chopped
- 1 tablespoon olive oil
- 0.5 onion sliced
- 6 ounce pineapple chunks with juice canned
- 1 pound fillet salmon

## Equipment

- oven
- baking pan
- aluminum foil

## Directions

- Preheat an oven to 375 degrees F (190 degrees C).
- Place the salmon fillet in a baking dish; top with the pineapple with juice, kale, onions, and capers.
- Drizzle the olive oil and lemon juice over the salmon. Season with the salt and black pepper. Cover the baking dish with aluminum foil.
- Bake in the preheated oven until the salmon flakes easily with a fork, about 25 minutes.

## Nutrition Facts



## Properties

Glycemic Index:22.75, Glycemic Load:0.29, Inflammation Score:-9, Nutrition Score:19.823478149331%

## Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg Kaempferol: 5.17mg, Kaempferol: 5.17mg, Kaempferol: 5.17mg, Kaempferol: 5.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg

## Nutrients (% of daily need)

Calories: 231.94kcal (11.6%), Fat: 10.92g (16.8%), Saturated Fat: 1.63g (10.19%), Carbohydrates: 10.32g (3.44%), Net Carbohydrates: 9.15g (3.33%), Sugar: 7.45g (8.28%), Cholesterol: 62.37mg (20.79%), Sodium: 109.41mg (4.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.17g (46.35%), Vitamin B12: 3.61µg (60.1%), Selenium: 41.73µg (59.62%), Vitamin B6: 1mg (49.9%), Vitamin B3: 9.15mg (45.76%), Vitamin B2: 0.47mg (27.59%), Vitamin C: 21.61mg (26.2%), Phosphorus: 239.29mg (23.93%), Vitamin K: 23.47µg (22.35%), Vitamin B1: 0.32mg (21.3%), Vitamin B5: 1.95mg (19.49%), Potassium: 678.79mg (19.39%), Copper: 0.35mg (17.49%), Vitamin A: 596.07IU (11.92%),

Magnesium: 44.87mg (11.22%), Folate: 42.81µg (10.7%), Iron: 1.22mg (6.77%), Zinc: 0.83mg (5.56%), Fiber: 1.16g (4.65%), Vitamin E: 0.61mg (4.09%), Calcium: 39.65mg (3.97%), Manganese: 0.08mg (3.94%)